

Post Inventory/Assessment 2009
Edison Elementary

School Meals:

- healthy hot lunch that meets all standards and guidelines
- Peanut Butter and jelly sandwich on whole wheat bread
- Chef Salad w/reduced fat dressings
- Veggie Burger on whole wheat bun
- Meat and low fat cheese sandwich/wrap with whole wheat bread.
- Skim, 2% white milk and 1% chocolate milk available daily

No Snack vending machine on Edison's school grounds

Beverage Vending (available only for staff):

- We are in the process of putting in a Reverse Osmosis system in the staff lounge and also hooked to one water fountain for the students.
- No beverage vending machines anymore (we took them out due to lack of usage and the extra electrical cost to run it)

After school programs:

- After School Care
 - Mixed nuts
 - Baked fruit bars

School events: We recommend and expect parents and kids to only bring items that are listed on the recommendation lists.

- Birthday/celebration treat recommendation list (attached to this sheet)
- Healthy snack recommendation list (attached to this sheet)
 - o These go home at the beginning of the year and periodically throughout the year to remind parents.

Meetings:

- Bottled water and soon to be tap water
- Fruit and yogurt parfaits (some meetings)
- Mixed nuts
- Dark chocolate

Fundraisers: third grade healthy snack Wednesday morning fundraiser:

- portioned mixed nuts, popcorn, crackers, baked fruit bars
- No other fundraisers include food

Concessions

- No concessions at our school.

Student rewards

- Food is not an option as a reward to students. Teachers reward students with teacher time, physical activity, and/or the "Caught Being Good" program.

Healthy School Snacks

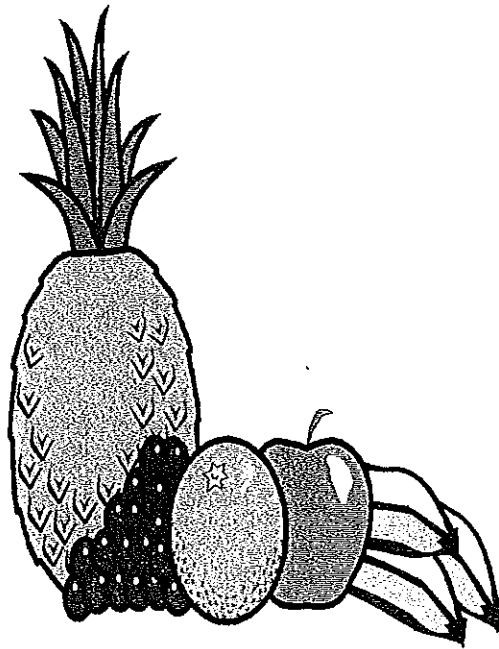
Feel free to send a small, healthy snack with your child to be eaten in the morning. We also encourage students to bring a water bottle on warm days.

Healthy snacks should not take the place of breakfast.

Healthy snacks should not be part of cold lunch.

Healthy snack ideas include:

- Fresh or dried fruit
- Pretzels
- Cheese
- Crackers
- Graham crackers
- Raw vegetables
- Granola bars (no chocolate)
- Yogurt
- Popcorn
- Nuts
- Unsweetened Cereal
- Granola or trail mix
- Applesauce



Please do not send:

- Carbonated beverages
- High sugar, high fat foods
- Desserts
- Items needing refrigeration
- Potato chips or similar chips
- Pop tarts
- Granola bars with chocolate or candy
- Fruit snacks
- Anything students can not open on their own
- Anything messy or time consuming to eat

Your help is appreciated! Thanks!

Birthday Treat Suggestions

- Consider any items on the "Healthy School Snacks" list
- Fruit or bran muffins
- Yogurt, fruit, and granola parfaits
- Frozen fruit bars
- Frozen yogurt
- Specialty breads (banana, zucchini, etc.)
- Salsa and chips
- Fruit and/or vegetable tray
- Cheese and sausage platter with crackers
- Trail mix
- Sugar free jello or pudding cups
- Sugar free popsicles

Please remember to inform your child's teacher ahead of time and to send along any needed plates, napkins, utensils, etc.

Thank you!

